

## Declutter Your Way to a Healthier You

Whether it's old Christmas and birthday cards, or the tiny clothes your kids used to fit into, it can be hard to let go of things. But aside from taking up space in our homes, clutter can also take up space in our minds. Clutter can make it more difficult for us to focus. Instead of concentrating on the job at hand, our minds become distracted by untidiness. To combat this, wellness experts are encouraging us to take control of our bulging closets and, in turn, create some calm. Outer order leads to inner calm.

Most people didn't think there was anything wrong with holding on to old things. Out of sight in the loft, you could find a pile of your sons' forgotten toys or your husband's vinyl records or old furniture gathering dust. But why do we have such a problem getting rid of our unwanted stuff? Clutter can fall into two categories: 'hope-based' and 'fear-based'. In the first case, we hold on to belongings in the hope we'll use them in the future – for example, that little black dress you hope you'll fit into one day. In the second case, we can't let go because we fear we might regret it. Some belongings hold a sentimental or nostalgic value, and we worry that by throwing it away, we'll also forget about the memory behind it.

The solution would be to learn to think differently. Whether you have already kept it for a month, a year or even half a lifetime, you have to realise that, at the time, you made the right choice. You sincerely thought you would wear it, read it or use it. But holding on to it just ties you to the past. Live the present! One thing that often stops us chucking out old things is guilt. It's a powerful emotion, one many people struggle to overcome. But instead of feeling guilty about throwing away something we've paid money for, we have to remind ourselves that it has served a purpose and it's OK to let go.

Decluttering can also serve another hugely positive purpose. We can give away goods for nothing to those who have a use for it. Alternately, we can drop off belongings to charity shops, or donate unwanted food to a food bank. Instead of feeling bad for getting rid of something we hardly use, we should consider the effects of not letting it go. It is a greater waste to keep it when someone else could use or enjoy it. Whether it's giving it to a friend or a total stranger, getting rid of unwanted things can actually make you feel better in yourself. In turn, you'll have a clearer home, a clearer mind, and the knowledge that your unwanted stuff has gone to a good home.



Volum 21

Harga 7

Lulju/Awwissu 2018

Gheżiež ħbieb,

Wasal is-sajf u ghalhekk se nibdew mod ta' laqgħat differenti. Ma niltaqgħux iktar gewwa, imma barra. Ghalhekk għal dawn it-tlett xhur tonqos il-problema ta' FEJN ha niltaqgħu.

Dan is-sajf għandna hafna attivitajiet għalikom u nispera li tigu u tiehdu gost. Mingħajr il-presenza tagħkom, ahna ma naghmlu xejn. Magħkom tinsewx tistgħu iggibu mistieden wiehed u mhux aktar fl-attivitajiet għax inkella ma jkollniex post għall-membri.

Jekk jogħgobkom ahsbu kmieni għall-bookings biex ma tohorgux iddizappuntati. U DEJEM CEMPLU LIL PERSUNI LI JKUNU IN CHARGE TAL-ATTIVITA' BIEK MA NOQOGHDUX HAFNA TELEFONATI ZEJDA U WIEHED JOQGHOD ICEMPEL LILL-IEHOR. Jiena fin-newsletter dejjem ngħidilkom ma' min tridu tibbukjaw u nagħtikom il-mobile number ta' min ikun in charge biex ma toqogħdux iccemplu lil xi hadd iehor. Barra minn hekk, meta tibbukjaw għal xi ikla, jekk jogħgobkom, għidulhom mall-ewwel x'inhi l-għazla tagħkom tal-menu ha nevitaw hafna hassle. U kemm jista' jkun toqogħdux thawwdu u tibdlu il-menu għax dak hafna tgerfix għall-organizzaturi.

Nispera li tattendu għall-attivitajiet u kemm jista' jkun ma naqgħux mill-grupp fis-sajf biex ma nitilfux il-kuntatt. Nispera li jkollna sajjf sabih flimkien u niehdu gost filwaqt li nzommu qawwijn u shah.

Narawkom!

*Dejjem tagħkom,  
María*

**Chairperson: Maria Borg 9927 1981 Secretary: Louise Suda 9949 8784**

**Email: [info@minusone.eu](mailto:info@minusone.eu) or [secretary@minusone.eu](mailto:secretary@minusone.eu)**

**Find us on Facebook: MinusOne Malta Widows' Support Group**

**Website: <https://www.minusone.eu>**

### ***Attivitajiet ghax-xahar ta' Lulju***

**I-Gimgha 13 ta' Lulju: Dingli Cliffs 7.00pm** Illum se niltaqghu id-Dingli Cliffs u naghmlu picnic quddiem il -kappella tal-Maddalena. Min irid jara nzul ix-xemx sabih irid imur quddiem ir-restorant "The Cliff" imbaggad imur hdejn il-kappella ghall-picnic. Gibu maghkom ikel, xorb, siggijiet, imwejjed, torches u....lilkom infuskom! **TINSEWX IGGIBU XI HAGA X'TILBSU GHALL-FRISK BIEX MA TGERGRUX LI KSAHTU!!**

**Il-Gimgha 20 ta' Lulju:** Illum se mmorru Gozo by night. U se mmorru ghand Guzeppi fuq is-swar tac-Cittadella minn fejn ingawdu veduta spettakolari ta' Ghawdex bil-lejl! U nieklu u nixorbu xi haga flimkien.

#### **Programm:**

**5.15 pm:** Niltaqghu ic-Cirkewwa.

**5.45 pm:** Nitilqu bil-vapur ghal Ghawdex.

**6.10 pm:** Naqbd u coach u mmorru x-Xlendi.

**7.30 pm:** Nitilqu lejn ic-Cittadella.

**8.00 pm:** Ghal ghand Guzeppi.

**10.30 pm:** Immorru lejn ic-Cirkewwa.

**11.15 pm:** Naqbd u l-vapur lura lejn Malta.

**Menu:** Platters li jinkludu gbejniet friski u moqlijn, salads bil mango sauce, bruschetta, nofs ftira bil gbejniet ta' Ghawdex.

**Drinks:** 1 soft drink jew tazza nbid, jew fresh orange / lemon juice jew birra, jew milkshake.

**Dizerta:** Cakes tat-tamal bil-gelat u l-krema.

**Kafe'.**

**Prezz: €20** li jinkludi it-trasport f' Ghawdex.. ( il-vapur mhux inkluz fil prezz ). Se naghmlu minibus, dejjem jekk ikun hemm numru bizzejjed ta' nies interessati, bis solitu prezz ta' €5. **Booking ma' Maria Borg: Mob 99271981.**

**Il-Gimgha 27 ta' Lulju: 8.00pm**: Illum se niccelebraw il-birthdays ta' Lulju billi mmorru Marsaxlokk La Carrubia.

Prezz €20.

#### **Menu:**

**Starter:** Prawn Cocktail jew Mushrooms in Garlic jew Fish soup jew Spaghetti Bolognese jew Spaghetti Marinara.

**Main Course:** Cuberoll Steak jew Chicken Breast Marengo jew Salmon Fillet, jew Grouper jew Grilled Sea Bream.

**Dezerta:** Birthday cake

**Drinks:** Kafe'

**Booking ma' Maria Caruana mobile number: 9989 0727**

### ***Attivitajiet ghax-xahar ta' Awwissu***

**Il-Gimgha 10 ta' Awwissu:** Illum se mmorru Comino by Night ma' Sandro fuq l-"English Rose". Se niltaqghu fil hamsa ta' filghaxija (5.00pm.) ic-Cirkewwa hdejn il-gabbana tal-Injam. Fil-hamsa u kwart naqbd u l-boat ghal Kemmuna. Hemmmhekk se nghumu, nimxu, min imur ghal xi kafe fil-hotel. Imbaggad ikollna l-ikel BBQ , xorb u nbid kemm tridu. Wara jkollna z-zfin fuq il-beach. Prezz €20. Hlas isir sa nhar il-Gimgha 22 ta' Gunju. Jekk ikun hemm konkorrrenza bizzejjed jigifieri ikun hemm ta' l-inqas 15-il-persuna se naghmlu vann mill-Furjana ghac-Cirkewwa u lura. Prezz: €5. **Booking ma' Mark Farrugia Mob 7945 2005**

**Il-Gimgha 17 ta' Awwissu: 7.30 pm: Pembroke hdejn l-ex-ITS** Illum se mmorru naghmlu picnic go Pembroke. Gibu xorb, ikel, siggijiet, imwejjed, u xi gakketta hafifa ghal min ihoss il-bard. Se naghmlu wkoll vann mill-Furjana ghall-Pembroke u lura jekk ikun hemm konkorrrenza bizzejjed. **Bookings ghal vann (bil prezz ta' €5) ma' Mark Farrugia Mob 7945 2005.**

**Il-Gimgha 24 ta' Awwissu 8.00pm:** Illum se naghmlu BBQ fuq il-bejt tal-Alexandra Hotel.

**Menu:** Full buffet li jinkludi antipasti, starters, ghazla ta hut u laham, birthday cake, inbid, birra, soft drinks u ilma. Parking b'xejn bhas-soltu fil Hilton hotel underground car park. Importanti li zzommu il-biljett tal parking. Prezz issussidjat ta € 20 (flok € 25). Din tkun ukoll il-celebrazzjoni tal-Birthdays ta' Awwissu. **Booking ma' John Trapani Mob 9944 3481**



